

## **TUSCOLA CUSD #301 WELLNESS POLICY**

The Board of Education of Tuscola Community District #301 is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

### **Purpose and Goals:**

The purpose of the Tuscola CUSD #301 Wellness Policy is to implement a local policy to teach the benefits of a healthy lifestyle to both students and the community, and to promote healthy eating and physical activity in accordance with Section 204 of the 2004 Child Nutrition and WIC Reauthorization Act.

### **1. Food Choices at School**

#### **A. School Food Programs**

- The breakfast and lunch school food program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 2004, within the regulations of the state of Illinois.
- We will offer a variety of healthy food choices that meet the standards of the federal Government's Dietary Guidelines for Americans.
- We will provide students, family and staff, upon request, information about the Nutritional content of all foods offered.
- We will encourage all students/families to apply for free or reduced-price meals and the confidentiality of this is strictly maintained.

#### **B. School Food Environment-adequate time and space**

- We will provide both students and staff with adequate space to eat meals in a clean, pleasant atmosphere.

-Convenient access will be available for hand washing and oral hygiene. Both shall encouraged.

-Safe drinking water will always be available.

-Students and staff will have adequate time for meals- students shall have at least 15 minutes for breakfast and 25 minutes for lunch.

-Posters depicting healthy food choices will be displayed.

#### C. Appropriate Use of Food

-We will discourage the use of unhealthy foods as rewards.

-Food will never be withheld from a student as punishment.

#### D. Nutritious Food Choices

-We will increase the whole grains in our menu.

-We do not fry foods at North Ward and East Prairie, and offer only limited items at the High School that are fried.

-We will serve 1% white milk, skim white milk or fat free chocolate milk.

-We will serve a fruit and vegetable daily.

-We will encourage students to choose healthier foods.

-Students (9-12 grades) may choose a chef's salad instead of the daily menu for lunch.

## 2. Nutritional Education

### A. Nutrition Curriculum

-Nutritional education shall be integrated into the health education programs.

Education will include the following, but not limited to:

\*Knowledge of the new Food Guide Pyramid

\*Healthy snacks

- \*Healthy diet
- \*The benefits of eating breakfast
- \*Identifying and limiting foods of low nutrient density
- \*Serving sizes
- \*Diet and disease
- \*Sources and variety of foods
- \*Healthy heart choices
- \*Dietary Guidelines for Americans
- \*The benefits of a healthy lifestyle including maintaining a healthy weight and avoiding diseases caused by unhealthy choices
- \*Reading and understanding food labels
- \*Evaluating the nutritional content of foods
- \*How to prepare and store foods safely
- \*Meal Planning
- \*Nutrition-related health problems

#### B. Staff Qualifications

- 7<sup>th</sup> – 12<sup>th</sup> grade PE teachers will be certified PE teachers.
- Nutritional and physical activity education opportunities will be available to all school faculty and may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.

**3. Physical Activity**-Tuscola CUSD #301 will provide physical activity and physical education

opportunities that provide students with the knowledge and skills to lead a physically active lifestyle. Our Physical Education will follow the “National Standards for Physical Education:

“A physically educated person:

**Standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

**Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

**Standard 3:** Participates regularly in physical activity.

**Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.

**Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Standard 6:** Values physical activity for health, enjoyment, challenge, self-expressions, and/or social interaction.”

5<sup>th</sup>-12<sup>th</sup> grade students’ “fitness level” will be measured in the following exercises:

1. Push-ups
2. Sit-ups
3. Sit-n-reach
4. 800 meter

\*Physical education classes will be required for all students from K-8<sup>th</sup> grade.

\*Physical activity opportunities will be available before, during and after school such as opening the school for walkers before and after school-parents must accompany children. (available for community)

\*We will have scheduled “open gyms” for our students and community.

\*Extended periods of inactivity (periods of two or more hours) are discouraged.

\*We will encourage students to take part in community physical fitness activities such

as summer-league softball, baseball and volleyball, dance camps, basketball camps, football camps, volleyball camps, etc.

\*We will encourage our students to be involved in activities that promote physical activity and discourage time spent in sedentary activities such as watching television, playing video games, etc.

\*As recommended by the National Association of Sport and Physical Education (NASPE), we will enable our students to achieve and maintain a high level of fitness through the following:

~Expose students to a wide variety of physical activities.

~Teach physical skills to help maintain a lifetime of health and fitness.

~Encourage self-monitoring so students can see how active they are and set their own goals.

~Individualize intensity of activities.

~Focus feedback on process of doing their best rather on product.

~Be active role models.

#### **4. Staff as Role Models/ Employee Wellness Policy**

A. School faculty will be encouraged to model healthy lifestyles.

B. School faculty will be offered the following wellness programs:

-Annual wellness clinics which may include: cholesterol testing, blood sugar testing, Flu and pneumonia vaccines, and TB skin tests. A small fee will be charged for the lab tests, flu and pneumonia vaccines.

-School available for walkers before and after school hours.

-Chef salads will be available daily through the lunch program.

-The school's weight room will be available for staff.

-Blood pressure/pulse screening available during school hours.

#### C. School wellness and student health

-Low cost dental examinations will be offered 1-2 times a year to students. These will include an inspection, cleaning, fluoride treatments and sealants, if indicated.

-Students will be encouraged to have a tobacco-free lifestyle-information concerning the health benefits of a tobacco-free lifestyle will be integrated into K-12<sup>th</sup> grade curriculum.

-Join the Action for Healthy Kids campaign.

### **5. Family and Community Involvement**

\* Schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. This support will begin in elementary school and continue through high school.

\*Parents will be provided information to help them incorporate healthy eating and physical activity into their children's lives. This information may be provided in the form of handouts, postings on the district website, information in school newsletters, and/or presentations that focus on nutrition and healthy lifestyles.

\*[www.kidseatwell.org](http://www.kidseatwell.org) will be added to our school's website-this site has a large lending library for nutrition education and training.

\*The Superintendent or designee will invite suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from community members, including parents, students and representatives of the school food authority, school administrators, and the public through the appointment of a District Wellness Council that includes parents, students, and representatives of the school food authority, district health professionals, and staff. The appointed wellness

council will assist with identifying strategies to assist in the implementation of the wellness policy; to offer ideas to enhance the wellness environment of the schools; and for recommending revisions to the policy as necessary. The District Wellness Council will meet twice annually in October and April.

\*The District Wellness Council will consist of, but not limited to:

- District food service manager-Becky Swinford
- School Nurse-Melissa Lemay
- Parent representative-Paige Cisney
- Student representative from each school-Michelle Reese, Hannah Lemay, Mariah Lemay
- Grade School Teacher-
- Middle School Teacher-
- High School Teacher-
- Grade School Teacher- Drew Sterkel
- Superintendent-Mike Smith
- Principals-Libby Torbit, Carol Munson and Brad Allen
- EP Athletic Director/PE Teacher-Beth Pugh
- HS Athletic Director/PE Teacher-Ryan Hornaday
- Local Community Partners-Douglas County Health Department/Douglas County Mental Health-Deb Briseno-DCMH

## **Policy Definitions**

Action For Healthy Kids (AFHK)- “a non-profit organization formed specifically to address the epidemic of overweight, undernourished, and sedentary youth by focusing on changes at school. Their goal is to improve children’s nutrition and increase physical activity, which will in turn improve their readiness to learn.”

Center for Disease Control and Prevention (CDC)- the lead federal agency for protecting the health and safety of people-providing credible information to enhance health decisions and promoting health.

Child Nutrition and WIC Reauthorization Act- Federal legislation that authorizes and shapes all child nutrition feeding programs, including school meal programs.

Competitive foods-foods offered at school other than meals served through USDA food school meal programs- school breakfast, school lunch and after school snack programs (USDA- United States Department of Agriculture)

Coordinated School Health- A model developed by the CDC to address eight school health issues: 1) Health Education; 2) Physical Education; 3) Health Services; 4) Nutrition Services; 5) Health Promotion for Staff; 6) Counseling and Psychological Services; and 8) Parent/ Community Involvement.

Dietary Guidelines for Americans- recommendations for healthy Americans about food choices that promote good health and the prevention of chronic illnesses.

Ideal Weight-Having a weight based on height as determined by having a body mass index (BMI) of 18.5-24.9

Local School Wellness Policy- Section 204 of the 2004 Child Nutrition and WIC Reauthorization Act requiring all schools who participate in the National School Lunch Program to establish a wellness policy by July 1, 2006.

National School Lunch Program (NSLP)- a federally assisted meal program that provides nutritionally balanced, low-cost or free lunch to children every school day. The program was established under the National School Lunch Act, signed by President Harry Truman in 1946.

Overweight- having a weight exceeding a standard based on a height as determined by having a BMI of 25-29.9 or greater.

Obesity- having a weight exceeding a standard based on height as determined by having a BMI of 30-39.9.

Physical Activity- CDC defines physical activity as any bodily movement produced by skeletal muscles that results in an expenditure of energy.

School Health Index- CDC’s school self-assessment and planning guide for physical activity and healthy eating. This tool enables schools to identify the strengths and weaknesses of nutrition policies and programs and develop an action plan for improvement and is available at <http://apps.nccd.cdc.gov/shi>

Underweight- having a BMI of <18.5

Legal Reference: Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265,  
Section 204.

Child Nutrition Act of 1966, 42 U.S.C. § 1771 et seq.

National School Lunch Act, 42 U.S.C. § 1758.

42 U.S.C. § 1779, as implemented by 7 C.F.R. § 210.11.

105 ILCS 5/2-3.137.

23 ILL Admin. Code Part 305, Food Program.

Cross Reference: 4:120 (Food Services)

Adopted: February 23, 2012